

## Basics of Southwest High School Girls Gymnastics Meets

Meets begin with teams marching in and the National Anthem.

Gymnasts warm up for each event for a couple of minutes just before they compete it.

Each meet ends with the team scores being calculated, and the Varsity and Junior Varsity team and individual winner are typically announced.

Your primary role at the meet is to be a cheerleader for your daughter and all the members of the team. Support includes cheering, keeping track of their scores if you want, and recording the meet to share with others.

There are just a couple of rules for spectators to follow. First, turn off the flash on your camera or cell phone. Flash photography is not allowed for the safety of the gymnasts. Second, you are not allowed in the competition area,

Most of our meets are quad meets. These have 8 rotations and last about two hours. You will see gymnasts competing on all 4 events at the same time. Four teams compete at both Varsity and JV level. Typically our varsity and JV squads will take turns competing events. Women's Olympic Order is Vault, Bars, Beam and Floor. Sometimes, but not always, this is the order the team will follow.

Scoring is very complex. Women's events are scored up to 10.0. The score is derived from deductions taken from the start value. The start value of a routine is calculated based on the difficulty of the elements the gymnast attempts and whether or not the gymnast meets composition requirements. The composition requirements are different for each event. Deductions in execution and artistry as well as any penalties are subtracted.

Once the athlete has completed her routine, a score will be "flashed" with cards at the scoring table. Usually a team member holds up the cards with the judge's score. JV events have one judge. Varsity have two judges, and the score is the average of their ratings. For Vault, the higher of the two attempts is the score that counts. If the gymnast competes all four events, scores are totaled to determine an athlete's All Around score. Team scores are determined by taking the scores on each event from all the team members and adding them together.

The four women's events are as follows:

In **Vault**, gymnasts sprint down a runway, jump onto or perform a roundoff entry onto a [springboard](#), land momentarily on their hands on the vaulting table then push off of this platform to a two footed landing (post flight segment). The post flight segment may include one or more somersaults, and/or twisting movements.

On the **Uneven Bars**, the gymnast performs a routine on two horizontal bars set at different heights. Gymnasts perform swinging, circling, transitional, and release moves, that may pass over, under, and between the two bars.

**Balance Beam** - The gymnast performs a choreographed routine up to 90 seconds in length consisting of leaps, acrobatic skills, somersaults, turns and dance elements on a padded [beam](#).

The **Floor** event occurs on a carpeted square, usually consisting of hard foam over a layer of plywood, which is supported by springs and is called a "spring" floor. Gymnasts perform a choreographed routine up to 90 seconds. They must choose an accompanying music piece. A routine consists of tumbling lines, series of jumps, dance elements, acrobatic skills, and pivots on one foot. A gymnast can perform up to four tumbling lines.